

Mount Sunapee Alpine Program
Snowboard Team, Snowboard Development Schedule

December 2014

WK	DATE	LESSON PLAN @ Sunapee	EVENTS	NOTES
1	Dec-13	First Day of Snowboard Team. Athlete introductions (get-to-know-each-other exercises followed by freeride and introduction to terrain park etiquette).		
	Dec-14	Snowboarding fundamentals review. Morning session: snowboarding fundamental drills mixed with freeriding. Afternoon session: season goal setting after lunch (meet in Comp Center @ 12:45 PM), freeride until session end.	Rail Jam @ Waterville	
2	Dec-20	Morning session: freeride, edge-control/carving drills. Implement in switch as well. Afternoon session: slopestyle training - intro to jumps and rails.		
	Dec-21	Slopestyle training, all day. Mixed with freeride and switch riding. Focus on rail training.		
Holiday Week	Dec-24	NO PROGRAM.		
	Dec-25	Christmas Day. NO PROGRAM.		
	Dec-26	Program resumes. Freeride in morning, rail training in afternoon.		
3	Dec-27	Athletes not @ Loon - additional rail training in morning. Afternoon session: freeride.	Rail Jam @ Loon	Kristin @ Loon.
	Dec-28	Morning session: slalom training. Afternoon session: freeride w/ slalom fundamentals.		
Holiday Week	Dec-29	Freeride in morning, mini-park "stations" training in afternoon.		
	Dec-30	Freeride in morning, mini-park "stations" training in afternoon.		
	Dec-31	NO PROGRAM.		
	Jan-1	NO PROGRAM.		
	Jan-2	Program resumes. Freeride mixed with edge control/carving drills.		
4	Jan-3	First day of Development Program. Development: get-to-know-each-other exercises, followed by freeride and introduction to terrain park etiquette. Team: ride w/ Devo part of morning, move to slalom training. Freeride w/ slalom fundamentals in afternoon.		Team: Forrest, Kristin Dev: Charlie, Ant
	Jan-4	Parents meeting (Snowboard and Development): 1 PM in Competition Center. Team Only - compete in slalom @ Sunapee. Athletes not competing - add'l slalom training via freeride drills.	GS, S @ Sunapee	Forrest @ slalom
5	Jan-10	Team: jump training in morning. Freeride in afternoon. Devo: edge control, carving techniques and riding switch.		
	Jan-11	Airbag day for all team members in the morning. Mini-rail jam for all in afternoon.	GS, S @ Loon	
6	Jan-17	Team: jump training in morning. Slopestyle linking tricks in afternoon. Devo: jump training in morning. Freeride in afternoon.	Rail Jam @ Ragged	Charlie @ Ragged
	Jan-18	Freeride, focus on switch riding. Incorporate switch riding in park in afternoon.	GS, S @ Waterville	
	Jan-19	Program TBD.		
7	Jan-24	Team: slopestyle training; focus on linking tricks back-to-back. Devo: free ride in morning, slopestyle training in afternoon.	Slopestyle @ Waterville	Forrest @ WV
	Jan-25	Slopestyle training for all athletes.	Halfpipe @ Loon	

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8	Jan-31	Team: all Team athletes to compete in slopestyle @ Sunapee. Devo: freeride in morning, watch Team athletes, BDX training in afternoon. Potential trip for halfpipe athletes to Okemo.	Slopestyle @ Sunapee Slopestyle @ Okemo	Kristin @ Okemo
	Feb-1	Halfpipe athletes @ Okemo. Team @ Sunapee: freeride in morning, park laps afternoon.	Slopestyle @ Loon Halfpipe @ Okemo	Kristin @ Okemo
9	Feb-7	FIELD TRIP TO OKEMO for all Team and Development athletes, w/ the exception of athletes headed to Loon for halfpipe. Okemo: freeride in the morning. Intro to halfpipe in the afternoon.	Halfpipe @ Loon	Kristin @ Loon; Ant, Charlie, Forrest @ Okemo.
	Feb-8	Freeride in morning. BDX training in afternoon.	GS, S @ Cannon	
10	Feb-14	Team: airbag training in morning. Slopestyle training in afternoon. Devo: mix of freeride, potential airbag training.		
	Feb-15	Slopestyle athletes @ Ragged. Team @ Sunapee: BDX training in morning, freeride in afternoon.	Slopestyle @ Ragged	Charlie @ Ragged
MA Vacation Week	Feb-16	Coaches choice.	Coach TBD.	
	Feb-17	Mountain Dew Day. Athletes encouraged to participate.	Coach TBD.	
	Feb-18	NO PROGRAM.		
	Feb-19	NO PROGRAM.		
	Feb-20	Program resumes. Coaches choice.	Charlie @ Sunapee	
11	Feb-21	Slopestyle athletes @ Okemo. Team and Devo @ Sunapee: mini-park "stations" training in morning. Freeride in afternoon.	Slopestyle @ Okemo	Kristin @ Okemo
	Feb-22	Halfpipe athletes @ Loon? Okemo? Team @ Sunapee: BDX training, all day.	Halfpipe @ Loon Halfpipe @ Okemo	Kristin @ Loon
NH Vacation Week	Feb-23	Coaches choice.	Forrest, Anthony @ Sunapee	
	Feb-24	Trip to Okemo w/ entire Alpine program. Coaches choice.	Forrest, Anthony @ Okemo	
	Feb-25	NO PROGRAM.		
	Feb-26	NO PROGRAM.		
	Feb-27	Program resumes. Coaches choice. (BDX training?).	Charlie @ Sunapee	
12	Feb-28	TBD.	BDX @ Attitash	
	Mar-1	TBD.	Slopestyle @ Attitash	
13	Mar-7	Last Day of Development.	BDX @ Ragged	Anthony, Forrest @ Ragged
	Mar-8	TBD.	BDX @ Ragged	Anthony, Forrest @ Ragged
14	Mar-14	TBD		
	Mar-15	TBD		
15	Mar-21	TBD		
	Mar-22	Last Day of Team.		
	Mar-28 thru Apr-7	Nationals @ Copper.		